

# Supporting your child's emotional wellbeing

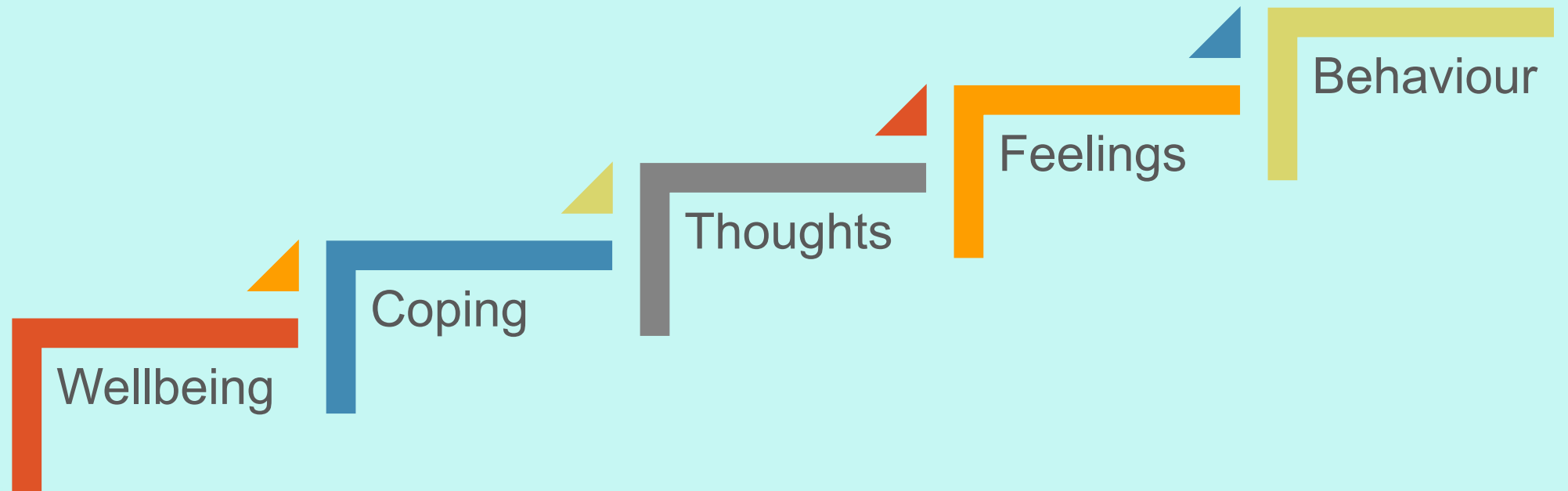
Hannah McDonnell  
Vice Principal, SENCo



- Session one – mental health and emotional wellbeing, pressures facing children
- Session two – common emotional issues and how to respond
- Session three – building resilience

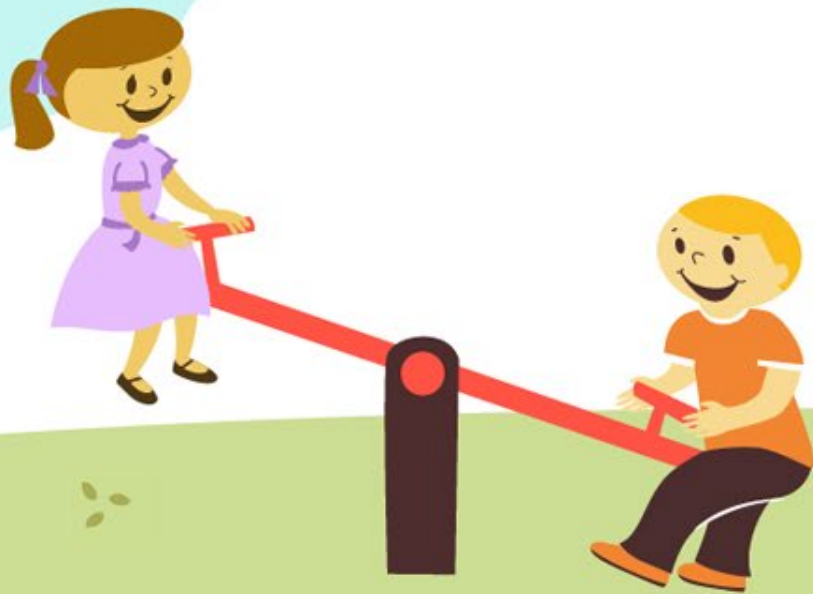


# What is mental health?





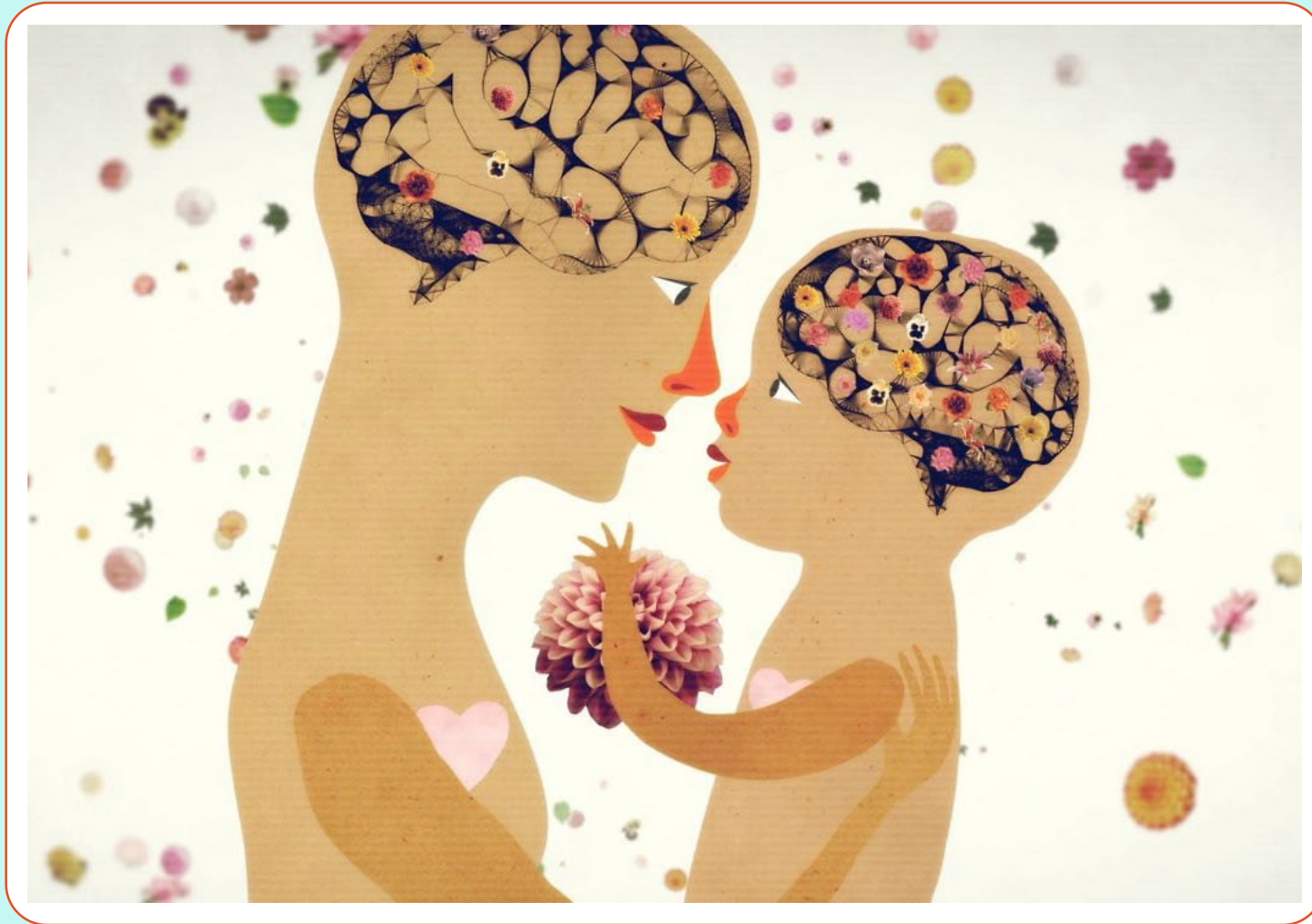
We all have mental health



# Mental health problems

- Disturbances in the way people think, feel and behave
- 1 in 4 of us will experience a mental health problem in any year
- 10% 5-16 year olds with a diagnosable mental health problem





Brain and  
psychological  
development



# What impacts on mental health?



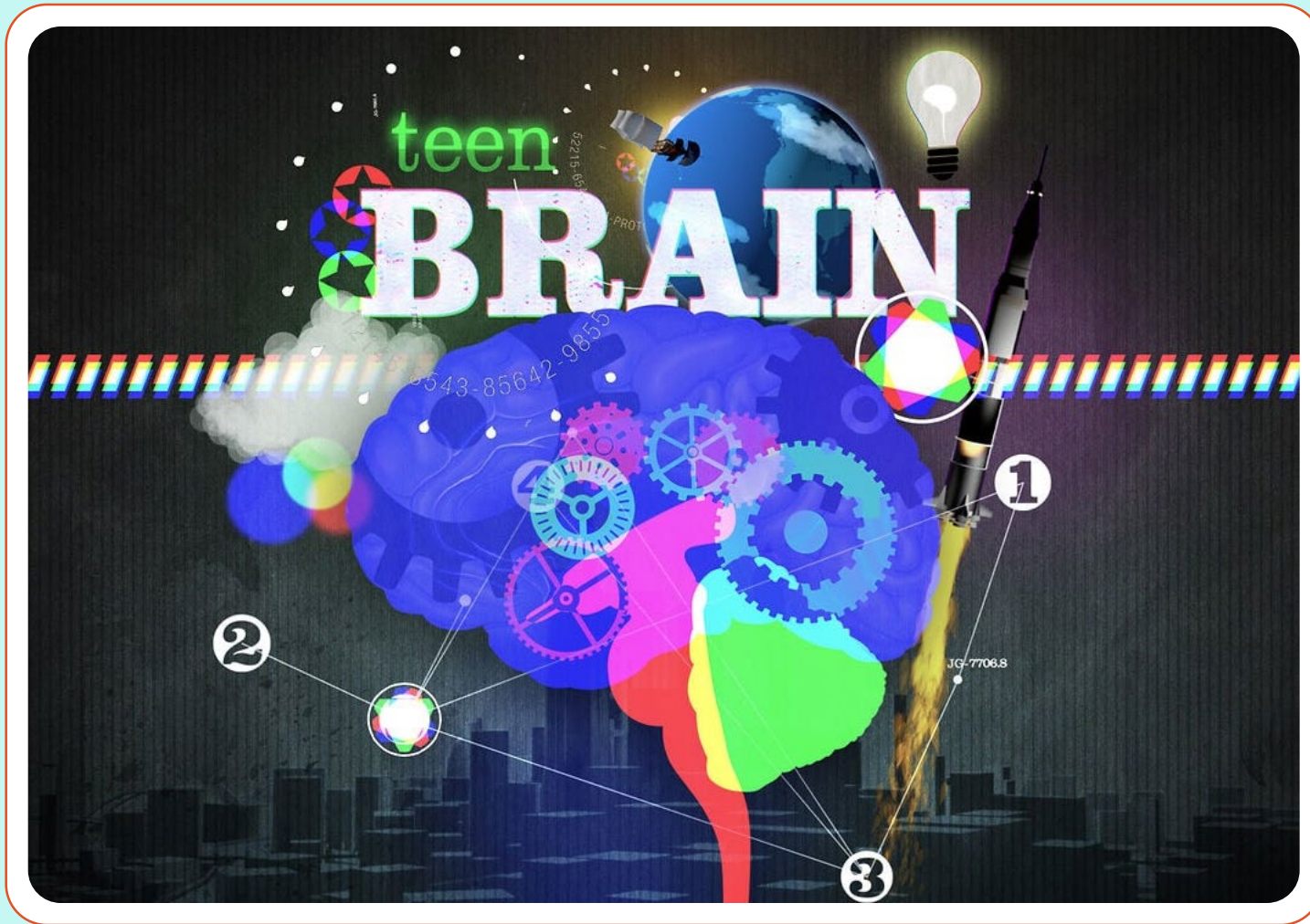
# Pressures facing children and young people





# Social media





Adolescence



Homework!



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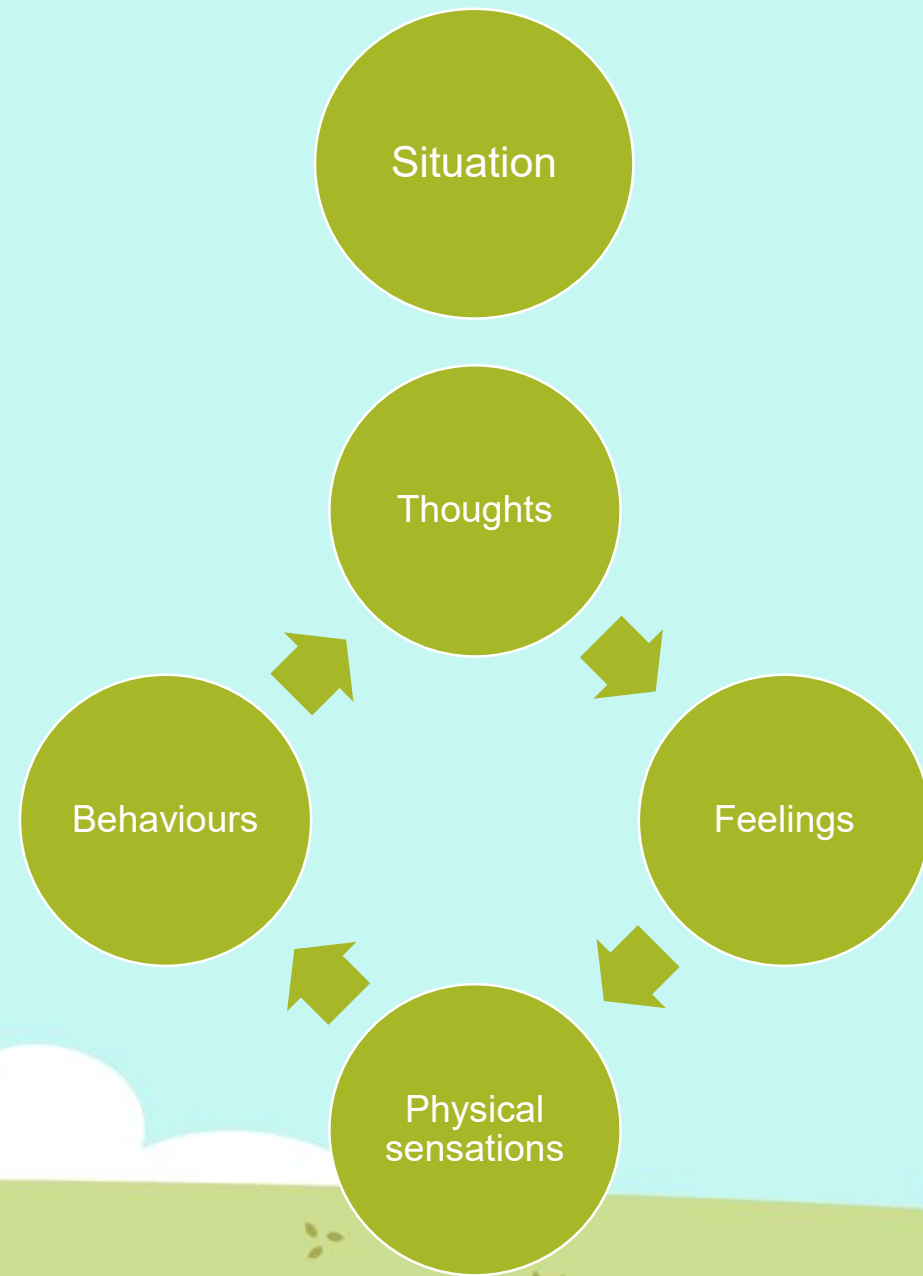
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# Anxiety

DISORDER  
TENSION  
AWARENESS  
NERVOUS  
DEPRESSION  
STRESS  
FEAR  
DESPAIR  
AGITATION  
INSOMNIA  
WORRY  
FRUSTRATION  
PTSD  
ANXIETY  
SCARED  
WITHDRAWAL  
OVERWHELMED  
FAILURE  
NEGATIVE  
MOOD  
HEADACHE  
LONLINESS  
NEGATIVE  
PANIC  
FATIGUE





# Low mood and depression



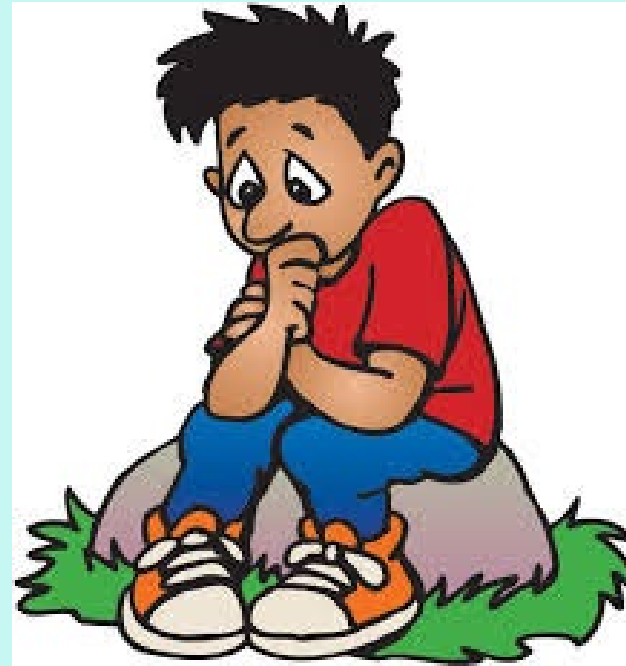
# Self-harm

- Often a coping strategy for emotional distress
- Be empathic and patient





# Responding to emotional distress





Listening



## Top tips for talking

★ **Give your full attention, be curious and take it seriously.** We all know it's not nice to be half listened to. Being actively interested in your child can be a powerful way to help them feel listened to and understood. Try to resist the urge to downplay or dismiss what your child is telling you.

★ **Emphasise that you are always available to talk.** It may be that your child doesn't want to talk, can't find the words at the moment or is trying to assert their independence. But don't be misled by your teenager's need for separation. They need you just as much as ever.



★ **Take time to reflect.** Research shows that thinking about what is going on in your child's mind and being aware of your own thoughts and feelings promotes secure attachment, good social skills and the ability to 'read' others.

★ **Provide empathy.** When children feel truly understood they start to be able to manage their emotions and this has a big impact on their wellbeing. Using empathy is also a great way to defuse tension.

★ **Be aware of your own stress and negative feelings.** They can really get in the way of feeling close to your child. Reflecting on the causes of stress can prevent it from spilling into your relationships at home.

★ **Think about timing.** Ask yourself 'Is this the right time to talk?' Choose a time when you can focus on your child and ignore distractions.



# Further support for children and young people

- School nurse, school counsellor, pastoral staff
- GP
- CAMHS (<18)
- Off the Record (11+)
- ChildLine



# Further support for parents and carers

- OTR drop-in
- YoungMinds parents/carers helpline
- GP
- South Gloucestershire Talking Therapies
- Wellbeing College
- Wellaware



mindyou.org.uk

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## Friendship

Connecting with others can make a real difference to your emotional wellbeing  
Find out on the 'looking after yourself' pages



# Homework!



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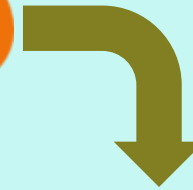


# Resilience



# Life – the reality

Pressures



Coping strategies



# Resilience strategies

- Self care: listening to music, having a bath, exercising, seeing/talking to people, being creative
- Relaxation
- Reaching out
- Positive activities
- Healthy lifestyle – sleep, physical activity, diet, substance use, relationships and sexual health
- Healthy social media use



- Thought challenging – CBT websites / books
- Reading Well – Shelf Help
- Apps – Childline, Headspace
- Gratitude
- Mindfulness
- Character strengths



# WHY MINDFULNESS IS A SUPERPOWER

NARRATED BY DAN HARRIS  
ANIMATION BY KATY DAVIS

<https://www.youtube.com/watch?v=w6T02g5hnT4&t=2s>

Mindfulness



# Character strengths



What does positive parenting mean to you?



# Supporting your child's emotional development

Thank you for attending!

